

<p>Ballet -- Beginning & Intermediate \$10/month -Intermediate 4:00 pm – 4:55 pm; Monday, Wednesday, Friday -Beginning 4:00 pm – 4:55 pm; Tuesday & 3:00 pm – 3:55 pm; Friday A basic ballet class can give you a challenging and rewarding opportunity to strengthen, stretch and tone your body. Learn body placement, line and musicality using original French terms for movements and steps.</p>	<p>Parkinson's Exercise Class FREE 11:00 am – 11:45 am; Tuesday and Thursday This class is designed for individuals with movement disorders such as Parkinson's Disease. It consists of stretching, strengthening, balance, breathing, and vocalization. Caregivers are encouraged to participate and assist. This class is not intended to replace therapy and is not medically supervised.</p>
<p>Body 360 \$30/month 10:00 am – 10:55 am; Monday, Wednesday, Friday Get a total body workout in this hard working class that utilizes many types of equipment such as free weights and resistance bands to strengthen every muscle group. It also includes cardio work, interval and circuit training, and mat/floor exercises! This vigorous class will get your heart rate up and your blood flowing!</p>	<p>PEPPI (Peer Exercise Program Promotes Independence) FREE 8:00 am – 8:55 am; Tuesday and Thursday or 10:00 am – 10:55 am; Tuesday and Thursday or 12:00 noon – 12:55 pm; Tuesday and Thursday A very popular class that introduces you to exercises designed to restore mobility, strength and balance. If you have not exercised for a while and want to re-tune your body, this is where you want to start.</p>
<p>Boot Camp Classes \$35/month -Body Fit 5:30 pm – 6:25 pm; Tuesday and Thursday -Grit Fit 5:30 pm – 6:25 pm; Monday and Wednesday These high intensity classes combine cardiovascular, resistance and sports conditioning training. They are physically challenging but worth it! No special skills are required, only a good work ethic and the will to better yourself! Bring a water bottle, you'll need it! Very popular!</p>	<p>Pilates \$20/month 2:00 pm – 2:55 pm; Tuesday and Thursday (\$20 per month) Pilates uses slow focused movements to improve abdominal and back strength and tone all the major muscle groups. This class will strengthen "core" muscles which support the back and improve balance. Previous exercise experience recommended</p>
<p>Components of Fitness \$45/month 5:00 pm – 6:30 pm; Monday only Learn the fundamental concepts of fitness training in this dual faceted class. One portion is classroom education learning basic concepts of exercise prescription. The other portion is hands-on training in the fitness center. Think of this as small group, in depth personal training. It meets in the small classroom just off the billiard room and is taught by U of A Graduate Assistant Thomas Blackwell.</p>	<p>SilverSneakers® classes -Cardio 1:00 pm – 1:55 pm; Monday, Wednesday, Friday -Classic 11:00 am – 11:55 pm; Monday, Wednesday, Friday -Yoga 9:00 am – 9:55 am; Tuesday and Thursday SilverSneakers group exercise classes are designed specifically for older adults and taught by specially certified instructors. These are free to SilverSneakers members, but non SilverSneakers can pay to take the class.</p>
<p>Fitness Fusion \$25/month 9:00 am – 9:55 am; Monday, Wednesday, Friday This class contains all the elements needed for a stronger, healthier body: cardio for the heart and lungs, resistance for stronger, toned muscles and stretching for flexibility and balance, fused into a "you can do this" format designed to invigorate the mind as well as the body. This class has a waiting list.</p>	<p>Slow and Easy Yoga \$20/month 3:00 pm – 3:55 pm; Monday and Wednesday This class is great for beginners. No experience necessary. It's a slower, gentler mix of yoga and pilates where you will practice details of poses and learn safe practice techniques while still being challenged by new variations of poses. Get that toned, flexible body while improving your health.</p>
<p>Hatha Yoga \$20/month 1:00 pm – 1:55 pm; Tuesday and Thursday Hatha Yoga is appropriate for experienced students We will practice details of poses and learn safe yoga practice techniques while still being challenged by new variations of poses.</p>	<p>Tai Chi \$25/month 12:00 pm – 12:55 pm; Monday, Wednesday, Friday An excellent class that emphasizes slow and relaxed movements, coupled with free breathing, mental focus and correct body use to make it an excellent tool for self-healing and development. Tai Chi can increase bone mass density, lower blood pressure, increase stability and increase range of motion in joints.</p>
<p>Jazzercise with Body Blast <i>Limited Time Only</i> 8:00 am – 8:55 am; Monday, Wednesday (\$20/month) Jazzercise Paula Steinmeyer 8:00 am – 8:55 am; Friday only (\$10/month) Body Blast Maureen Neagle Mix and match your morning workout with this combination class.</p>	<p>Yoga - Core \$25/month 5:30 pm – 6:25 pm; Tuesday and Thursday (Meets in Game Room B) A more challenging mix of yoga exercises and pilates type core-strengthening. Beginners are still welcome, but not appropriate if you are recovering from an injury or surgery.</p>